

EXPLORE THE DEPTHS OF YOUR BEING
3 DAY RETREAT



SACRED MEDICINE RETREAT
TEPOZTLAN / MEXICO

CONTACT INFO: RETREATS@SACREDPACHAMAMA.ORG / 669.258.7054

THE Q'ERO LINEAGE

Who are the Q'ero?

The Q'ero people are the guardians of the Andes mountains in Peru. Their Community lives in region of Q'eros which is composed of bajo, medio and alto Q'ero.

The Q'ero were designated by the Inka (The Enlightened One) as the high priests or priestesses of the whole empire. The Inka himself followed the tradition of choosing the Q'ero High priests as spiritual counselors.

Out of all the different regions from the Inca empire, the Q'ero were considered to be the ones holding the highest spiritual truth, carrying humanity's origin story and wisdom for over 8000 years. This wisdom has been the means for humanity to fulfill the prophecy of the Eagle and the Condor.

We have the joy of carrying this Lineage's Wisdom and the honor of sharing this world of real magic with everyone ready to fulfill this prophecy in their lives.

You will experience authentic reverence for Mother Earth and every one of her elements.

This retreat offers you multiple initiations both into a personal relationship with Mother earth, Nina Taita (grandfather fire), and the Q'ero lineage itself through a Karpay Ceremony.



Pachamama
WISDOM & TRADITION

TEPOZTLAN / MEXICO

WHAT YOU WILL RECEIVE:

COMMUNION WITH PLANTS ALLIES

- 1 Kambo Ceremony
- 1 Madre Ayahuasca-Corazon Ceremony
- 1 Ninos Santos Ceremony OR 1 Abuelo Huachuma Ceremony
- 1 Padre Sapito Ceremony
- 1 Hape and Sananga Ceremony

TRADITIONAL PERUVIAN Q'ERO RITUALS

- Ceremonial Ofrenda Creation
- Burning / Burying of Ofrenda

SUPPORTIVE HEALING MODALITIES

- Pratismarati Sacred Breath
- Satsang
- Shamnic Somatic Trauma Healing

RELAXATION & COMFORT

- Family style vegan lunches & dinners
- Daily Integration Circles
- Many miles of hiking trails

NOT INCLUDED

- Private Consultation (ask for more info)
- Optional Kambo Session (additional \$100)

AYNI (Reciprocity): \$777

- *We require a \$333 deposit to hold your spot
- *Please bring the remaining balance in cash



SCHEDULE OF EVENTS (SUBJECT TO CHANGE)

FRIDAY	ACTIVITY	COMMENTS
2:00 PM	EARLY ARRIVAL FOR OPTIONAL KAMBO	
5:00 PM	ARRIVAL TO THE PROPERTY/SETTING UP YOUR SPACE	REGISTRATION/SETTING UP PERSONAL SPACE FOR CEREMONY
7:00 PM	INTRODUCTION	ANNOUNCEMENTS
8:00 PM	AYAHUASCA CEREMONY	ICAROS, MANTRAS, AND MUSIC

SATURDAY	ACTIVITY	COMMENTS
7:00 AM	JUICING	REPLENISH & NOURISH
8:00 AM	SHARING CIRCLE	INTEGRATION
9:00 AM	NINOS SANTOS OR ABUELO HUACHUMA CEREMONY	COMMUNION WITH SILENCE
1:00 PM	DESPACHO	TRADITIONAL ANDEAN TANGIBLE PRAYER
2:00 PM	LUNCH	REPLENISH & NOURISH
6:00 PM	OPTIONAL HAPE AND SANANGA CIRCLES	
7:00 PM	BREATHWORK	PRANAYAMA, BHASTRIKA, PRATISMARATI SACRED KRIYA
8:00 PM	SAPITO CEREMONY	REPLENISH & NOURISH

SUNDAY	ACTIVITY	COMMENTS
7:00 AM	JUICING + BREAKFAST	REPLENISH & NOURISH
8:00 AM	CLOSING CEREMONY	INTEGRATION AND SHARING CIRCLE
9:00 AM	CLEANING	RESTORING THE SPACE
12:00 PM	DEPARTURE	EXTENDED CONNECTIONS, ADDITIONAL SUPPORT
		INTEGRATION OFFERINGS AVAILABLE



Pachamama

SACRED PATHS

WHY CHOOSE PACHAMAMA

- We don't promise enlightenment, but we will help you understand yourself by holding space and by standing with you throughout your own initiation into Sacred Plant medicines.
- We understand that everyone's Anya (truth) is different and everyone has a unique timing for awakening.
- We know one size does not fit all when it comes to realization, yet we meet everyone equally with an approach of non-interference.
- We understand and believe in the value of natural Transformation through sacred plant medicines.
- We have over 9 years of experience working with groups of people: guiding, assisting and growing with the community, witnessing the changes that participants go through, from deep physical healing to growing more abundance, prosperity and consistent well being.
- We do not offer ideas or concepts designed to confuse you.
- We believe that the way out of the labyrinth is through the same door we walked into it. The only way out is to know ourselves, to connect with ourselves, and to understand ourselves.
- You will be provided with a Safe space for true and rich introspection which allows for a deeper understanding of who you are as you relax in knowing that you will be looked after and assisted at all times.
- Our Shamans and facilitators do not have super powers. They are normal people just like you, however they do have years of experience and devotion to the different sacred medicines and to the path of transformation that is offered.
- We don't worship any person or structure of belief. We believe you are the healer, the guru and the knower (shaman) of your life.
- You will enjoy the beauty of mother earth's natural medicines and being part of community of like-minded individuals.



WHAT IS AYAHUASCA-CORAZON

Ayahuasca-Corazon is an entheogenic brew made from the traditional Ayahuasca Vine and Chacrana. Additionally it contains Diplopterys Cabrerana leaf (Chaliponga). Chaliponga is known to contain higher amounts of DMT than the traditional brew of Ayahuasca which is made with Psychotria Viridis (Chacrana). Chaliponga contains 5-MEO-DMT instead of the regular form of DMT found in Chacrana. Traditional Ayahuasca healing ceremonies have the potential to show people the mesh fabric of reality, prompting a powerful introspection of the inner setting. This Particular Ayahuasca Corazon Brew (Pachamama Sacred Path's Brew) contains Bobinsana which is a shrubby tree normally found growing along river banks and streams in the Amazon Basins. It's quite easy to identify the plant due to its stunning pink to reddish powder-puff-like flowers which open twice a day; once around 4AM and again around 4PM. Bobinsana is well-known and loved among the Amazon due to its medicinal properties. A decoction of its roots may be prepared as a depurative for strength and energy, for it boosts the immune system. Alternatively, a tincture of its bark may be prepared to heal arthritis, rheumatism, musculoskeletal pains, edema/oedema and uterine disorders. Above all, Bobinsana is a sacred plant teacher and is used by shamans for its spiritual qualities. We are particularly interested in working with Bobinsana for its gentle heart-opening qualities and its ability to teach us Self-Love.

WHAT IS NIÑOS SANTOS

Niños Santos (Also called Psilocybin mushrooms) is a sacred teacher that, in some sense, strips the user of their ego and sense of individuality. Once the ego and contrived perceptions of one's place and purpose in the world is set aside, the user soon comes to realize and sense a deep interconnectedness with the other life forms of the cosmos. This process is often described in terms similar to a mystical or deeply spiritual experience. For the user, this experience is far from hallucination, and the insights and sensations imparted can often be seen as a turning point in one's life. If a typical psilocybin session had to be summarized, one could argue that the main lessons gained from this sacred medicine is that all life has inherent value and to take care of that life. These lessons extend from caring for one's self, to those around them, to all the earth's inhabitants, to the earth and to the complex and dynamic multiverse beyond. Niños Santos grant a Magic experience of the subtle realm that can be intense in its transformation, providing a sense of self which is long-lasting and which has the potential to sustain desirable change in our daily lives.



Pachamama

WHAT IS SAN PEDRO

Huachuma (also variously known as andachuma, aguacolla, or wachuma) is a lesser-known shamanic medicine, but one that some consider the greatest of all plant teachers on the South American continent. It's derived from the San Pedro cactus and composed principally mescaline — in its pure form, a psychedelic similar in effect to LSD or psilocybin. Though it has parallels to the iboga ceremonies of West Africa and the ayahuasca ceremonies of the Amazon, huachuma and the curanderos who use it originate in the Andes of Peru and surrounding desert regions. Its history stretches back as far as 1200 BCE, when it was used by the Chavín culture on the west coast of South America. The Chavín produced many sacred designs of a deity clutching the distinctive cactus, making it the oldest recorded psychedelic medicine.

It may have its roots as a sacrament to ancient rain cults. Its use today extends into northern Chile, Bolivia, and Ecuador, where many curanderos practice in the original Chavín tradition.

In Peru, curanderos have used huachuma to treat depressive symptoms, alcoholism, and mood disorders.

Those who have undergone the ceremony report that they are able to connect to their divine, true self. A feeling of universal belonging—the sense that we are all one—is common.

Uniquely, many users report that the huachuma presents them with “tests” that teach valuable lessons. Practitioners often report a deep and heightened perception of the world as it truly is. For those struggling to know themselves or understand others, huachuma presents a unique way to specifically explore your inner psyche and your greater place in the world.



WHAT IS HAPÉ (RAPÉ)

Hapé is a tobacco snuff which has at its core the tobacco species *Nicotina Rustica*. This Amazonian Tobacco, also known as Mapacho, is used extensively in tribal rituals and is much stronger than *N. Tabacum*, which is the type of tobacco found in cigarettes. The indigenous people who have long used Hapé, see the ceremonial use of Hapé as a form of prayer that calls upon the forces of Nature, the Blessings of the animals of the forest and power medicinal plants to heal us and give us strength. It is therefore important that you use this substance in a respectful environment focused on healing.

What are the benefits of Rapé?

- Helps focus and sharpen the mind.
- Clears a person or space of distracting, bad energies in preparation for intention setting.
- Detoxes both body and mind and clears your energetic field.
- Because of this, rapé is often used in conjunction with ayahuasca ceremonies.
- Clears sinuses of mucus and bacteria, thereby helping to combat colds and respiratory ailments.
- Provides a calming, grounding effect on the emotions that lasts much longer than the initial sensation.





WHAT IS SANANGA

Sananga is the name given to the potent liquid eye drops made from the shredded root of an Amazonian shrub, Uchu Sanango, scientifically known as *Tabernaemontana sananho*. Bechette is the name given to the eye drops with similar properties, made from the root of a related shrub, known as *Tabernaemontana undulata*.

Ucho Sanango is a master plant commonly used in plant dietas alongside Ayahuasca, used for a variety of reasons, such as being used as a purgative, diuretic, fever reducer, calmative, memory enhancer, and even to help in the healing and realigning of both the muscular and skeletal system. What are the benefits of Sananga? As far as using sananga as an eye medicine goes, it's said to improve eye conditions, such as cataracts, glaucoma, conjunctivitis, red eyes, itchy eyes, eye infections, styes, as well as clearing out the sinus and helping with certain types of headaches. Sananga is known to bring greater texture, detail, and depth to one's environment; enhancing colours and sharpening visual perception. It's said that these eye drops help to reset the body's energetic field; opening the third eye, balancing the chakras, and clearing out negative or dark energies, known as 'panema'. The list of potential benefits continues on, with reports that it's helpful in treating depression, anxiety and addictions; helping to bring clarity in general and putting things into perspective.

WHAT IS SAPITO

The word Sapito comes from the word Sapo which means Toad. Sapito is an endearing term that means little toad. The Sapito medicine comes from the toad *Bufo Alvarius* which is a Toad that lives in the Sonoran desert in the northern part of Mexico. The toad's gland secretion is extracted and smoked for immediate experience which lasts anywhere between 15 and 25 min. The main compound is 5-MEO-DMT. Sapito medicine deals directly with the 7th (Sahasrara) chakra, unlike Ayahuasca which deals with your 6th (Ajna) Chakra. This is an experience of the subtle reality world which gives a clear understanding of who and what we are. It facilitates a transpersonal state that is very powerful and has the potential to show the participant a real and personal understanding of what resonates and what doesn't resonate with them. Many people who have tried this medicine, describe the experience as utterly sublime, a true meeting of Self and cosmic unity. What is sure of everyone who experiences this medicine, is that what is experienced brings new vistas of clarity, potential, empowerment and strength to bring about the highly inspired visions received with this healing medicine. Furthermore, there is an energetic alignment that takes place, giving way to possible purge which then brings about lightness in the participants personality.



WHAT TO BRING AND ADDITIONAL INFO

- You can request a carpool if you are not able to drive your own vehicle and we will do our best to connect you with other participants from your area if possible.
- You will be asked to turn off your cell phone during the ceremonies, no recording or photos allowed for safety purposes and the privacy of other participants, However we encourage pictures in between ceremonies.
- Bring a water bottle, cup for hot tea, flashlight or headlamp (extra batteries)
- If you want to camp: A tent and light sleeping bag, sleeping pad, camping mat (whatever you feel comfortable with) and travel blanket since we are going to have the ceremonies at indoors and outdoors.
- Comfortable clothes for day and that will keep you warm at night. Sometimes ceremonies can get chilly (since the body temperature decreases) so we recommend sweatshirts, hoodies, light jackets and lightweight pants. Suitable clothes for the weather.
- You can bring a light long-sleeved shirt to help detract insect bites as well as mosquitoes repellent.
- Lightweight shirts and shorts suitable for the weather and a bathing suit or swimwear.
- Sunglasses, sun protection, hat, lip balm if you plan to be in the sun.
- If you play a musical instrument and want to bring it, you are more than welcome to do it. We encourage musicians to participate
- Lighters and your own cigarettes if you smoke.
- Ziplock bags to protect your belongings.
- A travel towel (there are some that are microfiber quick dry).
- Basic first aid kit if you are sensitive when you travel.
- We will provide basic toiletries but please bring your personal hygiene items, including soap, shampoo, toothpaste, razors, tampons, etc.
- Earplugs for sleeping.
- Please bring a printed copy of the signed consent.
- Bring something for the “Ofrenda” which is a metaphysical construction where you will set your intention. For example fruits, seeds, nuts, candy, chocolates, wine, other types of liquor, flowers, crystals, stones, tobacco, incense, feathers, use your imagination. (with the exception of salty and spicy stuff).
- Those of you who owe a balance please bring the remainder in cash.

DIETA AND HEALTH PRECAUTIONS

THE DIETA IS A NECESSARY ELEMENT OF THE AYAHUASCA EXPERIENCE.

We suggest the following:

Avoid for 1 week before the first Ayahuasca-Corazon ceremony:

1. Any food containing spices, spicy peppers, fats, oil, salts and sugar, canned food, alcohol, red meat, pork meat and derivatives, and stimulants such as caffeine.
2. Any fermented food like: soy sauce, soy beans, paste/curd, beer, vermouth wine, aged-mouldy cheese.

Drink plenty of water during the dieta until the first ceremony begins. If you stick with a vegetarian-like diet, you will do great for your first ceremony.

**Remember that whatever food you may take on the day of the ceremony will most certainly come out of your body what is known as La Purga. This doesn't necessarily have to happen as each body is different but it is a common occurrence.*

These are the brief guidelines and health reminders we provide. We suggest following the required dietary recommendations before, during, and after taking the plant medicine. We always endorse and support safety and responsibility when it comes to journeying with the shamanic vine of the soul.

**We remind you that the responsibility of taking accurate and timely health precautions – along with seeking professional medical advice – is entirely at your discretion.*

- People affected by schizophrenia, bipolar disorder, other psychiatric/dissociative conditions, and people with chronic heart conditions such as severe high blood pressure should not take Sacred Medicine.
- People taking anti-depressant drugs like Prozac, Seroxat, Zoloft, Effexor, Paxil, Welbutrin (bupropion), or similar medications can take Sacred Medicine only once their treatment has been safely suspended or ended under medical supervision.
- Please discontinue the use of the following non-prescription drugs before and after your retreat if applicable: antihistamines, systemic vasoconstrictors or decongestants, both natural ephedrine and synthetic pseudo-ephedrine, cold & flu medications, asthma inhalers, drugs with high caffeine content, and phenylalanine. In general, it is best to go into your ceremony with no prescription or non-prescription medications in your system.

- Other medications that are not compatible with Sacred Medicine include: diet pills (appetite suppressants), narcotics, sedatives, tranquilizers, anti-hypertensive agents (used to treat high blood pressure), analgesics like Meperidine, anti-Parkinson drugs (medicines used to reduce the symptoms of Parkinson's disease) like Levopoda, drugs used to treat heart conditions, dopamine (brand name: Intropin), neurological prescriptions like Carbamazepine (a drug that eliminates seizures), and sympathomimetic drugs (substances that mimic the effects of the hormones (adrenaline and noradrenaline), amphetamine and tyrosine. Amphetamine salts-based medication (brand name: Adderall, Ritalin, Vyvanse, Dexedrine) commonly used in the US & Canada to treat attention deficit hyperactivity disorder and narcolepsy are equally not compatible with plant medicine.
- Taking products like Clonazepam (brand names: Klonopin, Rivotril, Ravotril, Rivatril, Clonex, Paxam, or Kriadex), may weaken or completely antagonize or neutralize the visionary dimension of the Sacred Medicine healing experience. These are benzodiazepine drugs prescribed to treat seizures and panic disorder, and they have anxiolytic, anticonvulsant, muscle relaxant, and hypnotic properties,
- People affected by Addison's Disease must not take Sacred Medicine (or any other medication/medicine that would alter their hydro-electrolytic balance).
- If you consume any substance like cocaine, heroin, crack, or Phenethylamines (homologs of amphetamines), you must inform us. Most of these substances are, to various degrees, incompatible with Sacred Medicines.
- People affected by Chron's Disease or stomach/intestinal ulcers, may not take Sacred Medicines.
- Plants (taken in any form, including fresh, or as dry/liquid extract) like St. John's Wort (*Hypericum Perforatum*), Yohimbe (*Pausinystalia Yohimbe*), Ginseng, Sinicuici (*HeimiaSalicifolia*), Kava (*Piper methysticum*), Yerba Mate' (*Ilex Paraguariensis*) and Ephedra (*Ephedrasinica / Ephedra Vulgaris*, and generally all varieties of it), are not compatible with a safe Sacred Medicine experience.
- Pregnant women must not take the Sacred Medicine from their seventh month onwards. Doing so could result in miscarriage. Pregnant women at the initial stages of pregnancy and up until their sixth month might still join our retreat.
- Women on their menstrual cycle normally have no problem with taking the Sacred Medicine.

If any of the above conditions apply to you, ask your doctor about the compatibility of your health status with MAO Inhibitors. Inform us upon a favorable response from your doctor, and our shaman will ascertain whether or not it would advisable or not for you to take Sacred Medicine.

Any disclosure of your health status will be kept in the strictest confidentiality. We are just looking after you and want you to have a safe experience.

THE OFRENDA

The “Ofrenda” is a metaphysical offering that is built at the Sacred Medicine ceremonies. It is a powerful symbolic ally which participants can use to set their intention during ceremonies.

In the tradition the Ofrenda is used to have a communication with the subconscious-unconscious realm. To trade, offer to Pachamama to receive what you Love, Wish and Value. These are just examples of what you can bring, each one of them has a symbolic meaning you can use in your favor depending on your purpose of what you want to achieve in ceremony:

1. Flowers.- Perfection, Softness, Sacred Geometry, Golden Ratio.
2. Tobacco.- Cleanse, Knowledge, Relaxation, Contact with subtle realms.
3. Feathers.- Freedom, Independence, Sovereignty, Link dense and subtle realms.
4. Crystals-Rocks.- Information, Transmit, Store, Transmute Energy.
5. Candy.- Sweetness, Joy, Playfulness.
6. Chocolate.- Heart, Sentiment, Love, Purity.
7. Incense.- Spirit, Cleanse, Enchantment.
8. Animal Totems.- Depending the animal (characteristics you want).
9. Seeds-Grains.- Growth in your Path, Integration, Abundance, Fertility.
10. Fruits.-Gratitude, Abundance, Health, Productivity.
11. Alcohol-Liquor.-(Wine,Tequila, Cognac, Whiskey) Celebration, Laughter, Relaxation, Friendship.
12. Leafs.- (Olive, Bay Leaves).- Health, Fruitfulness, Productivity.
13. Candles.- Bridge, Channel, Transmutation.
14. Paintings.- Depending the painting (characteristics)
15. Personal Objects.-Charge those objects with qualities you want for them.

*This is just a brief example of options, you can bring anything that resonates with you.
Most Importantly: use your creativity.*

THE OFRENDA / DESPACHOS / COMMUNITY

